

Dear King County Employee:

The deadline for requesting a paper wellness assessment has passed and the January 31, 2006 deadline for submitting the paper assessment or taking the assessment online is fast approaching. Already more than 6,000 King County employees have filled out an online wellness assessment and many have received their first call from their personal health coach. There is still time for you to earn the lowest out-of-pocket expense level in 2007.

**If you don't fill out your wellness assessment by January 31, you will not have an opportunity to earn gold and, your out of pocket expenses in 2007 will be higher – at the Bronze level, your deductible will be as high as \$500 per person or \$1,500 per family**

Taking the wellness assessment now will ensure you earn at least the silver out-of-pocket expense level for your 2007 medical plan. If you also complete your individual action plan by June 30, you will earn the gold level.

After you complete your wellness assessment, here's what happens:

1. You will get your wellness assessment summary. If you take the wellness assessment online, you get your summary immediately. (Print a copy of the summary as a tool to help you plan your individual action plan and as your record that you have taken the assessment).
2. Harris HealthTrends, Inc. will contact you within 4 weeks by phone or mail to enroll you in your individual action plan.
3. Once you complete your individual action plan, you can enroll in October for 2007 benefits covered at a gold level -- the lowest out-of-pocket level. (Remember – if you cover your spouse/domestic partner on your medical plan, **both you and your spouse/domestic partner** need to take the wellness assessment and complete an individual action plan to earn gold.)

You and your spouse or domestic partner should have received an individual letter with your personal access code for taking the wellness assessment online and on paper. To ensure maximum privacy, each person's access code is different and **no two people can use the same access code**. Once a code has been used by you or someone else, it cannot be used again. If you are using a paper form, please be sure to put your access code on your paper assessment form. **If you lost your letter or can't use your access code, call Benefits and Retirement Operations Section at 206-684-1556.**

Confidentiality is assured. King County will never see how you filled out your wellness assessment. For those of you who will be assigned a health coach, King County will not have access to information you share with your coach. We hired two independent vendors to ensure your privacy is protected. HealthMedia administers the wellness assessment. With your permission, they will send your wellness assessment answers to Harris HealthTrends, Inc., which will use the information to create a personal action plan for you. Harris HealthTrends, Inc. will only tell the county if you have qualified for the gold, silver or bronze out-of-pocket expense level.

Need more information?

- If you have questions about the wellness assessment or need assistance, contact BROS at 206-684-1556 or [kc.benefits@metrokc.gov](mailto:kc.benefits@metrokc.gov).
- Follow this link to see [video from the November 17, 2005 Wellness Assessment Kick-Off](#) as well as video of the question and answer session and a video of the presentations that have happened at nearly 300 locations in King County worksites.
- Follow this link to frequently asked questions about the wellness assessment [http://kcintertest.metrokc.gov/employees/faqs/wellness\\_assessment\\_faqs.aspx](http://kcintertest.metrokc.gov/employees/faqs/wellness_assessment_faqs.aspx)